



Tucson Community Supported Agriculture

Newsletter 76 ~ February 26, 2007 ~ Online at www.TucsonCSA.org

Winter '06-'07
Week 12 of 12

This Week's Harvest

Sweet Potatoes
Onions
Beets
Carrots or China Rose Radishes
Collard Greens
Frisée Lettuce
Dandelion
Herb Mix

Recipes and Tips

Frisée Lettuce and Dandelion
Greens Tips
Roman Style Frisée and Dandelion Greens
Italian Style Beets Greens
Collard Tips

Online recipes

Sometimes our members submit more recipes than we have space for in a single newsletter. Until those recipes find their way into other newsletter issues, you can look them up on our website.

This week:

- [Beet Risotto with Tilapia Filets & Lemon Beurre Blanc](#)
- [Roasted Beet Salad With Oranges and Beet Greens](#)
- [Beets in Orange Sauce](#)
- [Quick Collard Greens with Merguez Sausage and Couscous](#)
- [Kickin' Collard Greens](#)

Make your own bottle of Salad Dressing

In a food processor or blender:

2 cups oil
1 cup lemon juice or vinegar
1 small onion
4 cloves garlic
1 teaspoon salt
1 teaspoon ground pepper
1 tablespoon mustard
1 bunch herbs (dill, cilantro or parsley)

Bottle it.

Keeps in fridge for weeks.

THIS IS THE LAST PICKUP OF THE WINTER SESSION!

Thank you all for being with us this winter session. We hope you enjoyed the winter produce as much as we did. If you wish to continue your pickups, make sure to re-subscribe by the end of this week! Thanks to all who have already submitted their spring session subscription. And goodbyes to those who are leaving us or taking a break.

Spring session subscriptions: \$234, due, with application, by Friday, March 2nd. You can mail them or drop them off (if we're not there, just slip them under our door).

At Crooked Sky Farms

If you're staying with us for the spring session, be ready for a gradual decrease in winter greens and roots and an increase in spring vegetables such as broccoli, peas, cabbage, cauliflower, artichokes, squash, corn and others. For a hint of what is to come, go to our Harvest Archive on our website and see what we had in the spring of 2006.

In a few weeks we may start getting spinach, quelites (amaranth greens), leeks and oregano as well as delicious and colorful edible flowers such as calendula and snapdragon.

Artichokes, strawberries and over 50 varieties of eggplant have just been transplanted into the ground. We've never had strawberries at the CSA, as they're both labor and water intensive. But after frequent requests, Frank decided to try them out. If the spring rains are plentiful, so may be the strawberries, as their success will very much depend on the natural rainwater they get in addition to the farm's spartan irrigation regime.

The refrigerated truck which Farmer Frank bought last spring suffered a major breakdown last week. Even Rick, the farm mechanic who can fix anything, may not be able to fix it, so the truck may be out of commission for awhile. Until it's fixed, our veggies will be delivered in Frank's old trailer.



Frisée Lettuce and Dandelion Greens

An Italian wind is blowing over the Tucson CSA this week, as our shares include two tangy greens popular in Italy, where they are often served

cooked or part-wilted with a hot dressing. They are often served with olive oil, garlic, bacon, eggs, vinegar, lemon juice, cheese, tomatoes, capers, grated Parmesan cheese and/or bread. Both excel in salad mixes as well as in cooked dishes. If you are deterred by their tangy flavor, you might prefer them cooked (see cooking tips on reverse side).



For salads, crumble blue cheese over them and sprinkle with green onion. Drizzle over a vinaigrette of olive oil, lemon juice, salt and pepper (lemon or vinegar are essential to soften the bitterness). Or with goat cheese: Crumble some chèvre on your salad. Garnish with red onion and slivers of garlic. Dress with olive oil, lime juice and honey. Or try the following combinations:

- Country style, with bacon bits, croutons, garlic and a hard-boiled egg.
- Autumn salad, with beets, apples, walnuts.
- Maritime, with fennel, pollack, and vinaigrette whisked with a little fish stock.
- Italian, with vinaigrette of olive oil, balsamic vinegar, mustard and garlic.
- Monacan, with tomatoes, beets, celery, Gruyère and walnut halves. Spread frisée lettuce leaves with goat cheese. Cover with prosciutto or serrano ham and roll up to serve as appetizers.

Frisée Lettuce and Dandelion Greens Cooking Tips

Basic method: Cook the greens in a covered skillet, with just the water clinging to the washed leaves, for 5-10 minutes. Drain and chop. At this point, sauté and add seasonings, or add the greens to a dish such as lasagna or quiche.

Alternate method: Blanch in boiling water for 2 to 5 minutes. Some of the bitter compounds will leach into the water. Use from 2 cups to 2 quarts of water: the more water, the milder the taste. Adding the greens to boiling water rather than bringing them to a boil also helps preserve nutrients.

A simple and delicious method is to sauté them in garlic and olive oil, then sprinkle with grated Parmesan cheese.

Serving dandelion greens on bread, for some reason, completely eliminates the bitterness, according to Peter Gail, author of The Dandelion Celebration (Goosefoot Acres Press, 1994). One of his favorite ways of eating dandelions is to make a broiled dandelion pizza sandwich out of bread, tomato sauce, chopped raw or cooked dandelions and cheese.

Roman Style Frisée and Dandelion Greens

Philippe, TCSA

1 handful frisée, coarsely chopped
1 handful dandelion, coarsely chopped
olive oil
onion, chopped
garlic, crushed
tomato sauce or fresh tomato, chopped
capers, chopped
parsley, chopped
thyme
salt and pepper to taste

Steam or boil the greens until tender. Drain. Sauté onion in oil until translucent. Add garlic, tomato, capers, parsley and thyme. Cook until it begins to thicken. Add cooked greens, salt and pepper. Stir and serve.

Italian Style Beet Greens

Lorraine Glazar, TCSA

1 bunch beet tops
Salt
1-2 cloves garlic, minced
2 teaspoons olive oil
Lemon wedges or Parmesan cheese

1. Strip leaves from the stems, while roughly cutting the leaves into one inch wide slices. Cut the stems in julienne cut (matchsticks).

2. Heat several quarts of water. When they come to a boil, add 1 teaspoon salt. Working in batches, put in the greens

and let them cook a minute or two, until softened. Remove from boiling water and drain. Put the matchstick cut stems in the boiling water for 30 seconds to a minute. Remove and drain.

3. Heat the oil in a sauté pan, then add garlic and sauté just until fragrant. Don't let the garlic burn. Add the parboiled greens and stems, stir well, and cover the pan. Cook for one to three minutes until the greens are coated with the oil.

Serve with lemon wedges or garnished with some parmesan cheese.

Note: Steps one and two can be done ahead of time, and the blanched vegetables refrigerated until mealtime.



Collards, also called collard greens (Brassica oleracea Acephala Group), are various loose-leafed cultivars of the cabbage plant. The Cultivar Group name Acephala ("without a head" in Greek) refers to the fact that this kind of cabbage does not have the usual close-knit

core of leaves ("head") of regular cabbage. Collards originate from the Mediterranean region, and were a regular food item in ancient Greece and Rome. The plant is very similar to kale, but kale has smaller and crinklier leaves, with tougher stems and veins.

Nutrition facts

Collard leaves are rich in calcium, vitamins B1, B2, B9, and C (which may be leached by cooking, however), and beta-carotene. Collards have higher nutritional value when cooked than when raw due to the tough cell structure.

Cooking

Collards are usually consumed cooked, as meal fillers and as a source of dietary fiber, especially as a balance to fish and meat dishes. They are often prepared with other similar green leaf vegetables, such as kale, turnip greens, spinach and mustard leaves. Collard greens are a staple of southern U.S. cuisine and soul food. Cornbread is a common accompaniment to collards and is used to soak up the collard broth, or "potlikker," which is rich in nutrients. In Brazilian cuisine, collard (or couve) is a standard side dish for feijoada (a popular pork and beans-style stew). The leaves are sliced into strips and sautéed with oil or butter, flavored with garlic, onion and salt. Thinly sliced collard greens are also the main ingredient of a popular soup, caldo verde ("green broth"). Also, they can be blended into a juice, usually in combination with sweet fruit juices to improve the flavor. Taken regularly, collard juice is popularly believed to be a remedy for gout, bronchitis and blood circulation problems.